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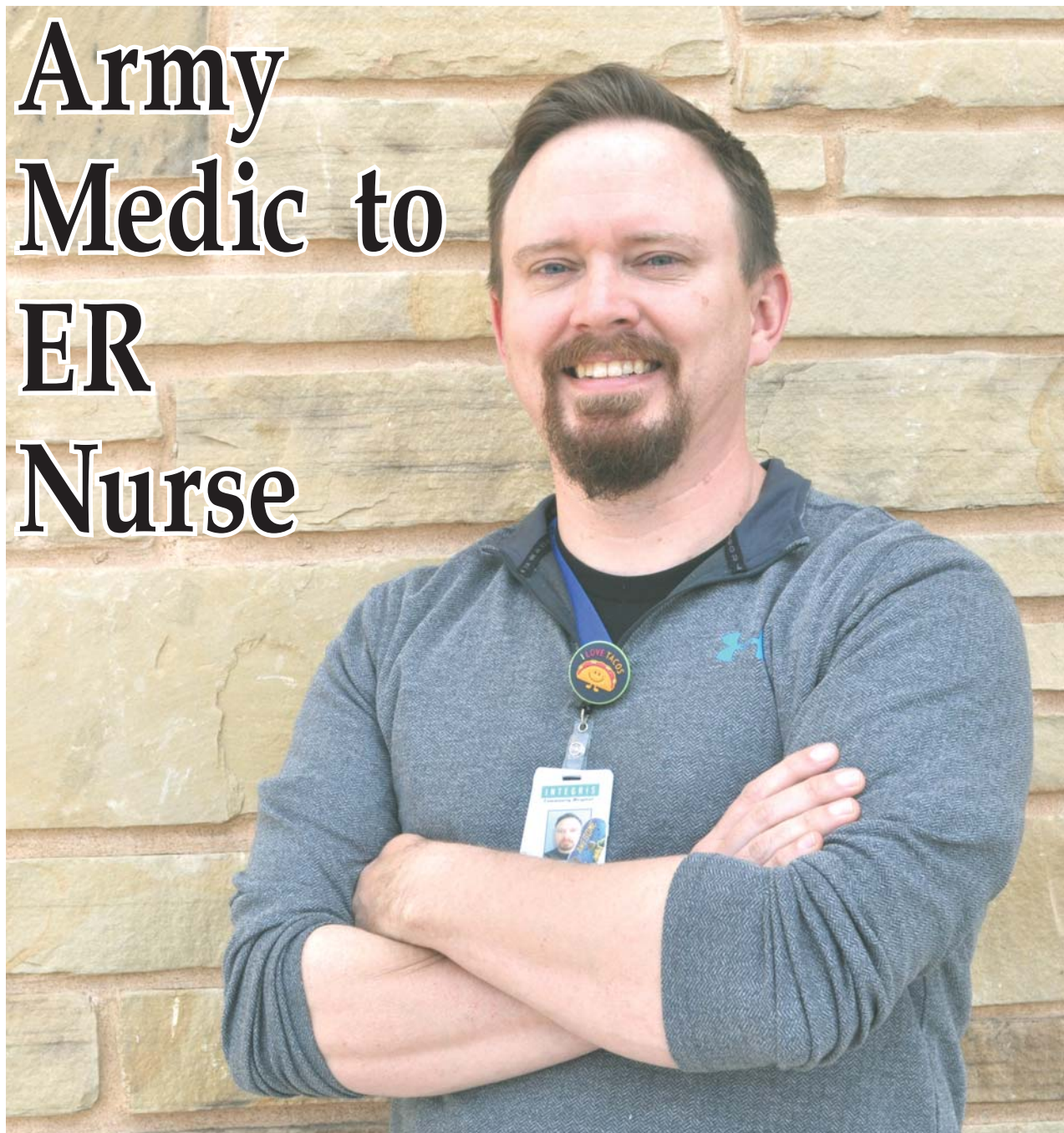
Information for the Oklahoma Nursing & Health Care Professional

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Army Medic to ER Nurse



Working at Integris Community Hospital as an ER nurse is Matt Logan, RN. With his positive personality and his quick thinking, Matt is an excellent nurse as he deals with emergencies that arise.

by Vickie Jenkins, Staff Writer

The Emergency Department at Integris Community Hospital – All of the locations; Moore, Del City, Council Crossings and West provides a wide variety of emergency services with clinical excellence, speed, technology and a focus on the patient.

It takes all kinds of people to become nurses. It also takes a special kind of nurse to be an ER nurse; quick thinking, decisive action and a strong stomach. These are just a few of the qualities that

make an ER nurse.

Working at Integris Community Hospital –West, located at 300 S. Rockwell, is an individual that has gone the extra mile to care for others, making his career in the medical field, caring for others. With a real desire to be the best nurse he can be in the ER, is Matt Logan, RN.

Serving in the Army, Matt was stationed in San Antonio, Texas, Georgia in the Savannah area, and then found himself in Iraq for about a year

See MEDIC Page 2

Existing drug could work against coronavirus



Judith James, M.D., Ph.D., of the Oklahoma Medical Research Foundation sees reason for hope in scientists' efforts to develop ways to treat and prevent the coronavirus.

There may be no vaccine yet for the rapidly spreading COVID-19 virus. But scientists are now testing both existing and experimental therapies to see if any are effective in treating the new coronavirus.

Among the drugs being tested are new and existing antiviral therapies. And one candidate that's showing promise is a drug that's been in

See COVID Page 3



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MEDIC

Continued from Page 1

where he was a medic in Baghdad. When returning home, Matt attended Oklahoma City University for his nursing degree. His first job as a nurse was at Saint Anthony's in the ER. "I was there for quite a while," Matt said. "I saw a position open here at Integris Community and I have to say that I really enjoy the smaller setting. A lot of patients prefer coming to a smaller emergency room here over a big hospital. Sometimes, the wait in a big hospital can be up to three hours, and here, we can usually take care of them right away. A lot of patients come here from all of the surrounding areas. I like seeing a variety of patients and I meet people with very interesting backgrounds. We are big on teamwork and if someone needs help with something or discharging someone, we will always help the other one out with whatever they need. On an average, we see about forty patients a day so we stay pretty busy with a variety of emergencies; adults and children, no matter what the situations is, we treat the patient as though they are the most important patient around," Matt added.

"When the patients come in, they are usually pretty nervous and I like to make them feel at ease by joking around with them. When I start an IV, they always seem to ask how long I have been doing it. I usually tell them I have been starting IV's since I was fourteen years old. It is amazing how much a simple sentence can make them smile and it is all in good fun."

Asking Matt to describe himself, he replied, "I am a laid-back person

and easy going. I have a serious side but also a fun side. I am always curious about things and like to learn as much as I can. No matter what, I always want to know a little more and dig a little deeper. When there is a patient that doesn't quite fit the textbook definition, I always ask the doctor about it. The doctors here are wonderful and the co-workers and I get along with them. We are always willing to help each other out whenever needed."

What qualities do you think make a good nurse, especially in an ER? "Of course, the typical answer is compassion. A nurse needs to like their job and in an ER situation, they need to have some quick thinking. Trying to stay focused on what the emergency is, along with keeping the patient calm and putting myself in their shoes; taking some of that anxiety off of them. When they come in, they are our main priority," Matt explained. "Of course, our purpose is to resolve emergency situations, saving the patient," Matt added.

Matt comes from a family with a background in the medical field. "My mom is a veterinarian, and my brother is a doctor in Texas. My wife, Jordan is a nurse at Saint Anthony's downtown. We never have to worry about anything if any of us get sick," Matt said. "Our pets either," he added with a smile.

Matt's hobbies include fly fishing, making his own fishing lures, working on cars, building motors, shooting, deer hunting and traveling. Matt and Jordan have two dogs: a husky named Luna, and a Pitbull they call, Sadie, and not to forget their cat that goes by the name of Girbs.

Thank you Matt, for your service in the United States Army.



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COVID

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use for more than a half-century.

The drug, chloroquine phosphate, was originally developed to fight malaria.

"It's also been shown to be very effective in treating patients who have autoimmune diseases like lupus," said Judith James, M.D., Ph.D., Vice President of Clinical Affairs at the Oklahoma Medical Research Foundation. "We use it to treat hundreds of lupus patients at OMRF."

In China, researchers tested the drug in a multicenter clinical trial to treat pneumonia associated with COVID-19. Preliminary results indicate that the drug appears to show some efficacy as a therapy.

Scientifically, said OMRF's James, it would make sense that an anti-malarial drug might also fight an infection caused by a coronavirus.

"When malaria gets inside a cell, if you change the pH with a drug like chloroquine phosphate, the malaria can't live,"

said James, an immunologist and rheumatologist. "The same goes for a virus like COVID-19. If you change the pH, the virus cannot assemble, and if it can't assemble, it can't infect you."

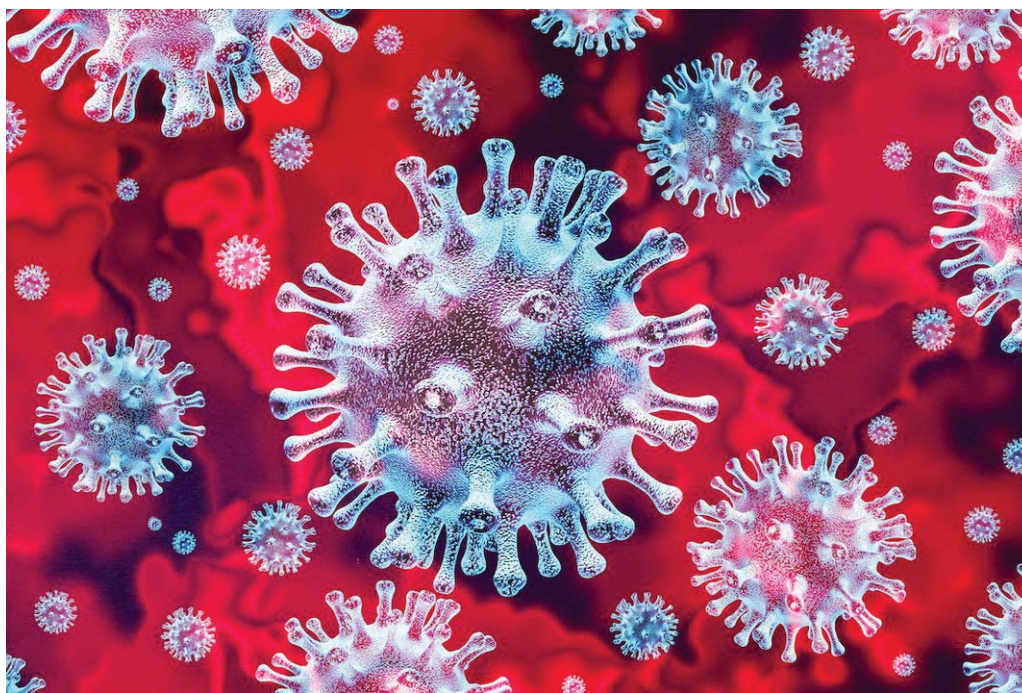
James explained that repurposing existing medications is often the fastest path to treating those infected by the virus in a novel way.

"That would be really exciting, because it's a drug that already has FDA approval, and it is readily available," she said. "If it works, it might treat COVID-19 almost instantly."

Wider studies are now underway to confirm the results.

In the meantime, James and health officials at the CDC are warning against using unapproved medications claiming to treat or prevent COVID-19. She also cautioned that antibiotics will not work for coronavirus, either.

"Antibiotics are used to fight bacterial infection. It's great if you



get strep throat or have a staph infection, but COVID-19 is a virus, and viruses are not attacked or slowed in any way by antibiotics," James said.

For patients who develop mild symptoms, doctors recommend resting, staying hydrated and using over-the-counter medications and pain relievers as needed.

More severe cases often require hospitalization, with oxygen therapy to help breathing.

If you or a loved one develops severe symptoms, James said, "Be sure to call your healthcare provider before you go. That will help them prepare for your visit and prevent others from being infected."

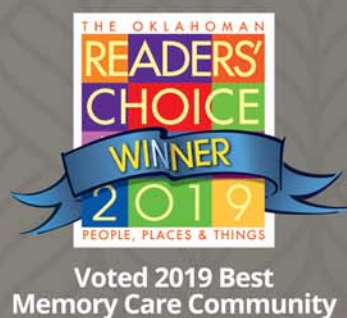


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CAREERS IN NURSING

NURSE NAVIGATOR - ADVOCATE FOR PATIENTS

by Vickie Jenkins - Writer/Photographer

The Children's Hospital in Oklahoma is the only freestanding pediatric hospital solely dedicated to the treatment of children.

On the fourth floor of The Children's Hospital, you will find Labor and Delivery; full of exceptional doctors and nurses, eager to welcome new little bundles of joy into the world.

Working in Labor and Delivery is a very special nurse, Anna Carpenter, RNC. Anna's main responsibility is to provide patient care to mama and her baby. "I love my job as a nurse. I can't imagine doing anything else," she said. "My grandmother was a nurse and I feel like I was predisposed to probably be a nurse. Every day here, is different along with the fact that I meet some of the most interesting people. Plus, I love to come to work so I can hang out with my work family; they are the best," Anna commented.

Growing up in Norman, OK,

Anna attended OU. "When I was in nursing school, I did a rotation in Labor and Delivery and I was fascinated by it so I started working here and I never left. It has been twenty-two years now and I still love everything about it," Anna said.

"Here, in Labor and Delivery, we welcome about three hundred babies per month, that's quite a few babies," Anna said. "To me, this is the perfect job and I love every minute of it," she added.

When asking Anna what her strengths are, she said that she loves to talk, which she considers a real blessing. "I think a nurse needs to be able to communicate with others and that is a lot of what we do so we can feel comfortable with other people and their cultures; to be able to keep calm in the storm. Sometimes, we take care of some women that have had a heart attack, hypertension or diabetes and that

is when we have to be a labor nurse, an OR nurse and an ER nurse all wrapped up into one and when that happens, we keep on moving forward. Even though it looks like one pregnancy, it's actually a two-piece situation because we are taking care of that baby on the inside too. Sometimes, the baby will misbehave and we take care of that baby. And then, it could be the mama misbehaving which can impact the baby so now there are two patients to deal with. Either way, I know this is the place I was meant to be. Sometimes, a mama can be having the best day of her life or it could be the worse day of her life. We just have to comfort her the best way we can, along with staying positive. Sometimes, a mama just needs a little hug or a smile. Sometimes, they need a box of tissue so they can have a good cry or a shoulder to lean on. Whatever the situation, we are there

for them, caring for them in any situation," Anna explained.

"When I was a little girl, I remember my mom telling me to go to school and be a nurse. I am glad that I listened to her," Anna commented. "I guess you could say that my mom influenced me to be a nurse," she added.

What advice would you give to someone wanting to go into nursing, particularly labor and delivery? "I would tell them to sit still for a second and really think about it. Some nurses are overwhelmed at first. Personally, I feel like it takes at least two years to feel confident working through the patient's anxiety. I think that applies to almost any area of the hospital," Anna said.

Anna and her husband, Byron have two children, a son who is seventeen and a daughter who is thirteen. "Two teenagers now," Anna

See CARPENTER Page 5



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Anna Carpenter, RNC enjoys caring for moms and newborns as she works in Labor and Delivery at The Children's Hospital.

CARPENTER
Continued from Page 4

said. "They are both really good kids but right now, our son gets a little annoyed when we breathe his air," Anna said with a laugh. "My daughter is already thinking that she wants to be a nurse when she grows up and that makes me happy."

In Anna's spare time, her hobbies include spending time working out, running, selling things on eBay and reading books. Now that I am out of nursing school, it is nice to choose any book to read just for the fun of it," she said with a laugh.

When asking Anna to describe her life in one word, she said, "exciting."

Match Day Nears
for OU College of
Medicine Students

On Friday, March 20, OU College of Medicine students from the Class of 2020 will learn where they are going for their residency training during a tradition called Match Day.

After several months of applying and interviewing for residency positions, medical students across the United States discover, simultaneously, where they have matched for their residencies. The reveal takes place each year on the third Friday of March. Students on the Oklahoma campus will hold their Match Day ceremony at the National Museum from 10:30 a.m. to 12:30 p.m. and students at the Gilcrease Museum will hold their event at the Gilcrease Museum.

Match Day marks a quick transition for students. After graduating from medical school, students begin their residencies on the third Friday of March. Residencies range from three to seven years. Some students will complete their residencies, but others will continue to train across the United States.

The Oklahoma College of Medicine has approximately 165 students each year; 100 on the Oklahoma City campus and 65 on the OU-TU School of Community Medicine campus. A residency program begins early in the medical school; students apply through the National Resident Matching Program in their chosen specialties of medicine. The process, like applying for a job, allows them to rank their location in order of preference. Over several months, they go to interviews at hospitals and other healthcare sites around the United States; the interviewers, in turn, rank their preferred candidates. The National Resident Matching Program uses a computerized algorithm to align the preferences of applicants with the preferences of residency program directors.

OU College of Medicine students have historically done very well in the Match process, earning prestigious positions at health systems across the nation and at home. As part of the state's flagship university, the OU College of Medicine trains the majority of physicians who practice in Oklahoma.



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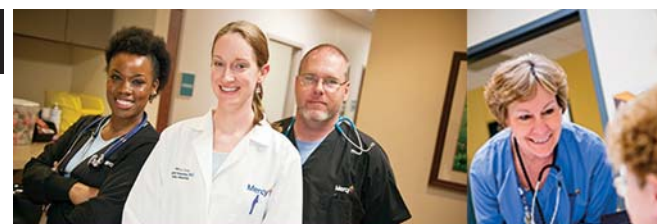
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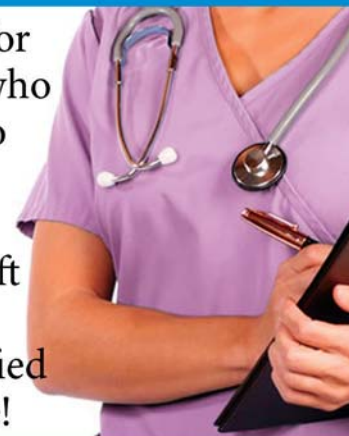
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American Association Responds to Coronavirus Pandemic Declaration

Focus on transmission and not the supply chain

The World Health Organization today declared the coronavirus a pandemic. The Centers for Disease Control and Prevention (CDC) yesterday released updated recommendations advising that facemasks for clinical providers are an acceptable alternative when there is a shortage of respirators.

Given the pandemic declaration, the American Nurses Association (ANA), representing the nation's 4 million nurses, believes a more definitive statement from the CDC about the transmission of coronavirus (COVID-19) is needed. Nurses must feel confident in this guidance that a medical mask, along with the other required

droplet PPE, is appropriate to provide patient care for known COVID-19 cases.

While ANA acknowledges the challenges of ensuring an adequate PPE supply, we are concerned that the CDC recommendations seemed to be based solely on supply chain and manufacturing challenges. Rationale for changes of this magnitude should be based on evidence that reflects a better understanding of the transmission of COVID-19. It's also concerning that these recommendations do not offer strategies to address the limited manufacturing and supply chain of necessary personal protective equipment (PPE). While the interim recommendations may



assist in preserving the supply of N95 respirators and other PPE, it could also confuse health care professionals considering appropriate levels of protection that may be needed when caring for a known or suspected patient.

We urge the CDC to consider the following actions:

- Investigate and communicate on the transmission mode for coronavirus so that decisions about appropriate PPE are based on the best information available.

- Identify metrics for when the interim guidance will be rescinded to ensure that clinical providers and health care facilities can prepare to continue caring for their patients and communities.

Nurses must trust that the decisions made at all levels are focused on their protection. This is necessary for them to walk into a room every day and to

safely continue providing ongoing patient care in all health care settings.

ANA supports ongoing efforts to address and stem the spread of COVID-19. We appreciate the efforts of all nurses, members of the health care team, decision makers and the public to respond to the COVID-19 outbreak.

The American Nurses Association (ANA) is the premier organization representing the interests of the nation's 4 million registered nurses. ANA advances the nursing profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on health care issues that affect nurses and the public. ANA is at the forefront of improving the quality of health care for all. For more information, visit www.nursingworld.org.

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Opportunity abounds at Hillcrest

Opportunity.

It's something nurses crave but not all have access without changing employers.

The opportunity to provide exceptional patient care in a progressive environment. The opportunity to advance both their education and their career.

Melissa Trujillo, director of talent acquisition, says nurses can find it all with Hillcrest Healthcare System.

Serving communities throughout eastern Oklahoma, Hillcrest HealthCare System (HHS) includes **Hillcrest Medical Center, Hillcrest Hospital South, Oklahoma Heart Institute, Bailey Medical Center, Hillcrest Hospital Claremore, Hillcrest Hospital Cushing, Hillcrest Hospital Henryetta, Hillcrest Hospital Pryor, Tulsa Spine & Specialty Hospital and Utica Park Clinic.**

Across its hospitals and health care facilities, HHS offers 1,249 beds and employs a team of more than 6,500.

Eight facilities and two physician practice groups offer a multitude of opportunities for nurses.

"I feel like mobility is a big thing to offer," Trujillo said. "Sixty percent of our hires in the system are transfers. We constantly have nurses transferring from one facility to another. I think as an HR group we offer a tailor to your skillset and a tailor to your liking. We are a place that promotes transferring from within."

Not only are nurses able to transfer within facilities but being owned by Ardent Health Services allows nurses to transfer to other states.

Whether it be facilities in Texas or New Mexico or along the East coast the options are there.

"We really offer internal mobility," Trujillo said. "If they were

to transfer here to New Mexico they would keep their PTO and their years of service. I would say we pride ourselves on internal mobility because we would rather that RN stays in our system."

"We have lots of opportunities within the system for movement and exposure."

Hillcrest Medical Center, 1120 S Utica Ave., employs nearly 2,500 in multiple units. Hillcrest Hospital South, 8801 S 101st E Ave, staffs nearly 1,000.

New this year at Hillcrest South is a nursing residency program for those graduating in the spring.

"You enter the program, get exposure to multiple units and once you're out of the program then you're well-equipped to go into whatever unit you desire," Trujillo said. "What we're really hoping is they get exposure to units they may think they would not be interested in."

Trujillo points to Hillcrest's medical/surgical units that have an added specialty such as trauma or ortho.

"To me you don't know what you don't know," Trujillo said. "And since it's temporary and a residency program you're getting that exposure and moving on to the next one. You might have an experience that resonates with you and persuades you to go to the less popular unit just because you're finding out what your niche is."

Hillcrest also offers up to \$2,500 per semester in tuition reimbursement for career advancement. Relocation and sign-on bonuses are also available for new grads.

"Not a lot of facilities in the area offer both of those things for a new grad," Trujillo said.

The system is a large one but time and attention is spent on onboarding new hires and making sure they feel comfortable.

"We've put a lot of time and effort into it to make sure the new grad feels safe. It's a lot of detail-oriented training," Trujillo said. "I think we've narrowed down the reasons why nurses quit, leave or leave the profession all together is because they don't feel adequately trained enough to do their job or they feel unsafe."

"I think a lot of our programs are focused around making that new grad feel safe but yet giving them the exposure and skills that they need to be successful on down the road as an RN."

Last September Modern Healthcare announced rankings for health care organizations recognized as Best Places to Work in Healthcare, with 12 Ardent Health Services hospitals, clinics and other entities among the top in the country.

Six of those facilities were in Oklahoma.

Tulsa Spine and Specialty ranked No. 6 on the overall list.

"Providing excellent patient care and service is driven by



highly engaged employees," noted Ardent President and CEO David T. Vandewater. "Creating a supportive work environment is critical to the success of our company, and having so many Ardent facilities named to the 'Best Place to Work in Healthcare' affirms that our employees are focused on our purpose of caring for others: our patients, their families and one another."

Modern Healthcare's rankings are based on interviews with leadership and physicians, and a confidential employee survey that assesses satisfaction, work-life balance, communication, policies and practices, work environment and culture.

YEAR OF THE
NURSE
2020

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Oklahoma's
Nursing Times

National Nurses Week
Special Section

Join us in supporting nurses as we publish our annual National Nurses Week special section designed to highlight how essential nurses are in the health care system. This is a great time to show your appreciation for the nurses that work at your facility or organization.

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SITUATION UPDATE: COVID-19

- As of this advisory, there are 10 positive cases of COVID-19 in Oklahoma.
- The Oklahoma State Department of Health (OSDH) advises anyone with COVID-19 symptoms such as shortness of breath, fever or coughing to please stay home and limit person-to-person engagement.
- OSDH also encourages people who need to engage with state agencies to please visit the agency's website to learn more about online options rather than visiting state agency offices. Please visit Oklahoma.gov for a directory of state agencies and links to their websites.
- Pursuant to recommendations from the CDC, OSDH also recommends avoiding mass gatherings of more than 50 people.
- The COVID-19 hotline is open from 9 a.m.-7 p.m. The number is 877-215-8336.

COVID-19 Oklahoma Test Results

Positive (In-State)	10
Positive (Out-of-State)	2
Negative	174
PUIs Pending Results	29

COVID-19 Cases by Age Grouping

Age Group, Years	COVID-19 Cases*
00-04	0
05-17	0
18-49	4
50-64	3
65+	3
Total	10
Age Range	20-69 yrs

COVID-19 Cases by County

County	COVID-19 Cases by County
Canadian	1
Cleveland	1
Jackson	1
Kay	1
Oklahoma	2
Payne	1
Tulsa	3
Total	10

COVID-19 Cases by Gender

County	COVID-19 Cases by Gender
Female	5
Male	5
Total	10

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 3/16/2020 6:00 a.m.

NURSE TALK

My biggest pet peeve is when someone doesn't wash their hands!



Gretchen Chafey, RN

When someone is late....tardiness!



Shelly McKay, RN

What is your biggest pet peeve at the hospital?

INTEGRIS
Community Hospital

Integris
Community
Hospital -
WEST

*What bothers me more than anything?
Laziness!*



Cindy Smith, RN

When someone says they are going to do something and they don't! Not following through!



Sarah Sehhati, ER
Tech

2020 OK HPNA

2nd Annual Self Care Conference

"Managing the Stress Of Caregiving"

Sponsored by

The Oklahoma Chapter of Hospice and Palliative Nurses
Association and OU Medicine Palliative Care

April 24th 8:00am-4:00pm

Nicholson Conference Center

OU HSC Campus

Please Register at

okhpna.nursingnetwork.com

Nursing and Social Worker CE's available

FROM OUR FRIENDS ON FACEBOOK

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Month at AllianceHealth Midwest!*

Eric Swalla -
Employee of
the Month

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Masonic Charity Foundation donates \$250,000 to OMRF

Last Monday, the Masonic Charity Foundation of Oklahoma awarded \$250,000 to the Oklahoma Medical Research Foundation.

The funds are designated for research in OMRF's Aging and Metabolism Research Program, where scientists are investigating a wide range of age-related diseases, including Alzheimer's, age-related muscle loss, osteoarthritis, diabetes, vision loss and neurodegenerative disorders, among others.

"The Masonic Charity Foundation has a long history of supporting the needs of all Oklahomans from all walks of life," said Bob Peters, Grand Master for the Masonic Charity Foundation of Oklahoma. "If you live, you also age, and OMRF is looking for ways to add more healthy years to all our lives. We are happy to provide this grant in support of OMRF's mission, which serves our Oklahoma families."

In 2017, OMRF dedicated its Masonic Charity Foundation of Oklahoma Aging and Alzheimer's Research Laboratory, which houses Holly Van Remmen, Ph.D., chair of OMRF's Aging and Metabolism Research Program. Van Remmen's research focuses on diseases of aging, with an emphasis on loss of muscle as people grow older.

The Masons have supported research at OMRF since 1999, with gifts totaling \$1.2 Million.

"With a growing aging population, these issues are becoming more and more important," said OMRF Vice President of Development Penny Voss. "The Masons deserve all of our thanks for their continued support of Oklahoma's aging population and they're an important partner in the hunt for solutions to diseases of aging."



Leaders from the Masonic Charity Foundation of Oklahoma present OMRF President Stephen Prescott, M.D., (third from the left) with a check for \$250,000.

Corban was a loving little boy with an infectious smile and dazzling blue eyes. He never met a stranger and would melt your heart whenever you saw him. Corban was rambunctious and "all boy".

His name means "A Gift from God," now Corban is with God. Three days after his second birthday, he tragically lost his life in a swimming accident.

In life he gave us joy, in death he gave others joy as his organs and tissues were donated, so others could live. Endless smiles, big blue eyes and giant hugs that gave me the best feeling ever – are just a few things I will miss.

While we miss Corban, we will never forget him, knowing his spirit lives on in the lives of others provides us comfort. I wish you could have met our "little man" because you would have loved him.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call 800-826-LIFE (5433) and request a donor registration card.

LifeShare 
We Save Lives





**...and it's not too early to start
thinking about what you'll do
after you graduate.**



"When I was a new RN, everyone welcomed me to the Hillcrest family. I felt at home right away. Hillcrest respects and acknowledges their employees from the housekeepers to the managers. Our voices are heard when we need change and administration respects that."

- Alexis, RN

Dynamic Work Environment • Valued Employees • Encouraging Work Culture



Hillcrest Medical Center | Hillcrest Hospital South | Hillcrest Hospital Claremore
Hillcrest Hospital Pryor | Hillcrest Hospital Cushing | Hillcrest Hospital Henryetta | Bailey Medical Center, Owasso
Tulsa Spine Specialty Hospital | Oklahoma Heart Institute | Utica Park Clinic

HillcrestHealthCareSystemJobs.com